The Pulse

NEWS of the NEW ENGLAND DEACONESS HOSPITAL EMPLOYEES

Volume 6, No. 9 December 1950

A Christmas Message

December 20, 1950

My dear Friends:

I am thinking of you this Christmas season, and wishing you every good gift. And I will be thinking of you, and wishing good for you all through the New Year. There are so many things which come to mind as I sit here trying to tell you my wish — all too many for me to express. But there is one thing I desire for you more than any other.

Many good things will come to you during the year; things that you have hoped for, worked for, prayed for and may deserve. And yet some things which you expect and deserve will never come. The hand of man, which God has made free, has withheld the hand of God. And so I am wishing for you a better thing than gifts of reward. This is my wish — that you may have that fine grace to be undiscouraged, unfretful and well content without the gifts, expected and deserved, which never come.

It is one grace, and not inferior, to know how to abound; it is quite another, and a greater, to know how to be abased and suffer loss. Understand, I would not have you content without your best effort, but to be able to live content without the expected reward — this is God's high gift to man. It is this spirit which worketh all things together for good, so that nothing — not business reverse, or home disappointment, or personal failure, or a friend's unfaith; neither poverty, nor peril, nor heartbreak, nor death, nor any other adversity — shall be able to separate us from that trust and joy which God has established in the hearts of men through Christ. Blessed are they that receive not, and are content, for to them has come the will of God on earth.

Never before was the world need so urgent. The cry is heard in every land, on every tongue. The New Year opens to you with outstretched, empty hands. Enter it, as I know you will, in the spirit of Him who came not to be ministered unto but to minister.

This is my wish for you, and with it I send you greetings and thank you for all that you mean to me and to the hospital.

Your friend,

WARREN FOSTER COOK

Annual Meeting Of Alpha Credit Union

The annual meeting of the Alpha Credit Union was held on November 21 with a good attendance of members. Directors elected for a three-year term were Walter C. Emery, John Karman, Maude B. Maher, Emmett W. Robb and Donald L. Sabine.

Assets, as of October 31 were $6,702.20. Loans totaling over $5,000 had been granted to members during the year, producing a net income of $213.61.

It was voted to pay a dividend of 25 per cent on each $5 share, and to set aside certain amounts in reserve funds as required by law. It was also voted to increase the maximum amount that might be borrowed by a member to $700, provided adequate security was offered.

The question of a Christmas basket was brought up, but a ruling of the Commissioner of Banks indicates that this is not a suitable project for a Credit Union that is able to pay regular dividends from its regular income.

Alpha Credit Union is an organization of employees of the Deaconess Hospital, offering convenient thrift and loan service to its members, under State supervision. There are now 110 members. Why don't *you* join? See the Treasurer next pay-day in the cafeteria at the check-cashing desk or notify any member of the Board of Directors, of which Herbert C. Robinson is President.

Deaconess Red Feather Campaign Results

This year the hospital's Red Feather goal was set at $3,350. The highly cooperative efforts of employees and members of the Staff made it possible for us to exceed this goal — total contributions amounted to $3,572.55. It is gratifying, indeed, to know that hospital personnel have given their generous support to such a worthy fund.

The Pulse

DECEMBER, 1950

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of the

NEW ENGLAND DEACONESS HOSPITAL

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Under Supervision of the

PUBLIC RELATIONS DEPARTMENT

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Editorial

Did you enjoy the cartoon in last month's edition of THE PULSE? Its creator is a relative newcomer and we look forward to other evidences of her talent. She is Miss Blair Burwell, who joined the ever-increasing forces of the research group which will occupy the Cancer Research Institute early in 1951. Blair comes from Jacksonville, Florida. She is a graduate of Sweetbriar College and has had additional study at the Eastern School for Physicians' Aides in New York City and at Columbia. She was a medical technologist at the Riverside Hospital in Jacksonville prior to her position here which started in October of this year. We certainly look forward to other products of Blair's sense of humor and her nimble pen.

The Editorial Staff and reporters of THE PULSE wish to take this opportunity to extend to their readers best wishes for a very Merry Christmas and a happy and prosperous New Year.

Social Security Benefits

Beginning January first we will have another day to celebrate, for January first will be not only New Year's day but will mark the beginning of Social Security benefits for those who are working in hospitals and all charitable institutions.

The Board of Trustees of the Deaconess Hospital has approved the plan, and more than 95 per cent of our employees have indicated that they will join (66 2/3 per cent is required). This will cost the hospital from $15,000 to $18,000 a year and will cost each individual who participates 1½ per cent of the first $3,600 of his wages. The benefits are generous, especially for those of the older age group. The total financial participation of all employees is matched by the Trustees, who participate dollar for dollar to create these retirement allowances.

This is a fine, cooperative plan where Trustees and employees work hand in hand, not only for the welfare of patients, but for the welfare of faithful employees who have given years of unselfish service to this work.

Library

The Library of the School of Nursing has recently acquired a copy of the first edition of Doctor Joslin's *Diabetic Manual,* published in 1918, before the discovery of insulin, which gives it a unique interest in contrast to later editions. The Library would like to secure a second edition also, thus making complete its sequence of editions of this famous manual. Perhaps one is hidden away in a trunk or bookcase in your attic?

A work-room for the School of Nursing Library has recently been made available. It is situated across the hall from the main room, so that typing and other routine work need not interfere with the quiet needed for study. Mr. Herbert C. Robinson's craftsmanship has also provided closets and shelves for storage space for reference files of periodicals and other materials that were crowding the book shelves in the Library.

Available to hospital employees are the following new books which have been added recently to the Patients' Library.

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What Is Diabetes?

Data Furnished by:

HOWARD F. ROOT, M. D.

Public interest which has been aroused in diabetes by the recent publicity of National Diabetes week and the Diabetes fair makes many of us ask "what is diabetes?" To which the usual reply is "sugar in the urine." That, however, is only one of the symptoms of this disease and occurs when the blood sugar is far above normal levels. A hormone — insulin — manufactured by certain cells in the pancreas regulates this sugar level. When too little hormone is produced, then the blood sugar rises. This is diabetes.

The food that we eat, whether it be sugar and starch or protein or fat, is broken down in the digestive process to glucose and other simple chemical compounds. What is not needed for immediate energy or repair is all stored away in the muscles and liver — or elsewhere in the body as fat or glycogen for future use. Pancreatic hormone both burns the sugar for energy or stores it away as rapidly as it is absorbed from the intestinal tract.

When no hormone is available all of this sugar stays in the blood until it is excreted by the kidneys. A lot of fluid is required to carry off this very large amount of sugar. As a result, the untreated diabetic patient becomes thirsty, drinking excessive amounts of water.

The food he eats does not supply the energy needed so he becomes tired. Fat helps out somewhat in supplying energy but without useable sugar, it forms acids that are toxic to the body, causing acidosis. In severe acidosis the patient becomes unconscious — the situation fast becomes critical. The upset of carbohydrate and fat metabolism causes inbalance also in the various salts present in the body.

Fortunately, we have the means of preventing this serious chain of events from taking place provided the condition is found *early*. When no treatment is given and the condition continues unchecked for a long while, then degenerative changes are found in the blood vessels which affect the kidneys, the heart and the eyes. The lack of pancreatic hormone may be made up by giving a commercial preparation of insulin that is made from beef pancreas.

Insulin alone will not cure the diabetes but it helps the patient to carry

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Diabetes

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on a normal life. The amount of insulin must be balanced against a special diet made up individually for each patient which contains less sugar and starch than most people eat. By careful regulation of diet, many diabetics can get along without insulin or with only very small amounts. When sugar then appears in the urine it means that the patient must cut down more on sugar or else take more insulin.

When the blood sugar is high, diabetic patients acquire, more readily than normal individuals, infections that are even more difficult to heal. For that reason, especial care must be taken that no scratches, cuts, or bruises are received or when they are, precautions taken to prevent infection.

Why some people develop diabetes and others do not is a question for which research is beginning to find the answer. We do know that people over forty have greater tendency than those who are younger, especially anyone who is much overweight (The pancreas has been working overtime for a long while trying to keep up with the excessive food intake.) Again, the tendency seems to be inherited.

The diabetic person who discovers his condition early is fortunate. If he follows his doctor's instructions regarding insulin and diet and care of himself, he can avoid the complications of uncontrolled diabetes and the chances are, will out-live some of his nondiabetic friends.

Library

(Continued from Page 2, Column 2)

Fiction:

Brimstone in the Garden — Cadell
Diamond Wedding — Steele
Fright — Hopley
Joy Street — Keyes
Maverick Queen — Zane Grey
Monk in Armor — Barr
Pound Foolish — Molloy
Son of a Hundred Kings — Costain
Spanish Gardner — Cronin
Winter Wedding — Harper

Non-Fiction:

Belles on Their Toes — Gilbreth
Champions Book of Sports
New York Holiday — Early
Nuts in May — Skinner
Switzerland — Siegfried

"Not A Creature Was Stirring"

Diabetes Week

The New England Deaconess Hospital was one of the twelve hospitals and laboratories which served as a testing center during November 15-17 of Diabetes Week. In conjunction with the program of the New England Diabetes Association, free testing of specimens was carried on at the Deaconess. Personnel and staff of the Deaconess also participated in the exposition at Horticultural Hall, which featured demonstrations and exhibits on testing, treatment and dietary planning.

Bowling League

Team Standings	*November 28, 1950*
Mr. Sabine	30 Points
Mr. Chamberlin	27 Points
Mr. Emery	24 Points
Dr. Young	24 Points
Miss Whittemore	23 Points
Miss Churchill	19 Points
Dr. Cook	19 Points
Mr. Makrokanis	18 Points
Miss Parker	17 Points
Mr. Lowry	17 Points

All handicaps were refigured after the tenth session. Competition between teams is keener with each session as the battle for points progresses.

Pencil Contest Winners Announced

The Personnel Department announces that the pencil contest has closed with not one, but two winners — Barbara Brigham Jones and Virginia Ramsdell. Their guesses of 10,000 came closest to the 10,167 pencils ordered from Purchasing by all departments between January 1 and November 1, 1950. A pound of chocolates has been awarded to each winner.

Dr. Cook Is Speaker

Dr. Warren F. Cook was the principal speaker at the Dedication of the new Nurses Home of the Lowell General Hospital on Wednesday, November 15. He also gave the address at the Cornerstone Laying of the new wing at the Marlborough Hospital, on November 8, and spoke at the recent opening of the new Nurses Home at the Fitchburg General Hospital.

Christmas Party

You are invited to the annual all-hospital Christmas party which will be held in Harris Hall on Friday afternoon, December 22, between 2:30 and 5. We hope you will all be there!

News of the Nursing Department

Alumnae Dance

All who were present at the Hotel Puritan three weeks ago unanimously agreed that the Alumnae Dance was most successful. Ken Reeves orchestra provided very danceable music. Old friendships were renewed and, in many cases, new ones began. About seventy-five couples attended and, in addition, a few extra gentlemen added to the bounty.

The Alumnae Association wishes to express its thanks to all those who so generously donated to this cause — to the future alumnae who made publicity possible and to those who helped in the sale of tickets.

Accreditation

The Administration is happy to announce that the School of Nursing has been accredited by the National Nursing Accrediting Service. The School has asked that we thank all of you in the various departments who have in the past and are now continually aiding them in having a School that fulfills the qualifications for accreditation.

* * *

Captain Alice L. Skinner, 1934, Jr., Southbridge, Massachusetts, AFNC, is now serving in Hawaii as flight nurse with the Military Air Transport Service. She flies from Japan to the United States taking care of wounded soldiers returning from Korea aboard MATS hospital planes. Captain Skinner served in Europe during World War II.

Fall River Council Of Churches

Chaplain Rudolph L. Samuelson of the New England Deaconess Hospital attended the meeting of the Fall River Council of Churches, where he gave an address which was followed by a question period. The subject of his message was "The Bible and the Art of Healing." The Rev. Mr. Samuelson is well known there as he served churches in both the New Bedford and Providence districts while active in the New England Southern Conference.

The Conference continued for two days — November 25 and 26.

Engagements

Miss Jean Wildman, 1950, Jr., Gardner Neck Road, Swansea, Massachusetts, to Mr. Joseph Putnam. Miss Wildman graduated in September and has been working at the Cooley-Dickinson Hospital, Northampton, Massachusetts. Mr. Putnam is a senior at the University of Massachusetts. December 16, 1950, is the date of the wedding.

Miss Virginia Jane Reid, 1941, Jr., Stratford, Connecticut, to Robert E. Coulter, Norwell, Massachusetts. Mr. Coulter has been recalled to duty with the Seabees.

Weddings

Miss Isabelle M. Gorringe, 1951, Sr., Westboro, Massachusetts, to Mr. Donald R. Mullen at the Westboro Methodist Church on November 18, 1950. The couple reside at 30 Gilson Road, Quincy, Massachusetts.

Miss Ella Mae Penny, 1950, Jr., Ayer, Massachusetts, to Mr. Franklin Wright Harlow, Springfield, at the Federated Church in Ayer on November 17, 1950. The couple will make their home in New Britain, Connecticut.

Massachusetts Conference Of Social Work

Mrs. Gertrude S. Jameson and members of the Social Service Staff attended meetings of the Massachusetts Conference of Social Work held at the Hotel Statler on Wednesday and Thursday, November 29 and 30. Among the very excellent meetings was one on "New Approaches to Chronic Illness" which was of especial interest to our Social Service Department because of its concern for patients with illnesses such as diabetes, cancer, etc. New methods of treatment in the home and in the local infirmary as well as the use of new drugs were discussed. Other meetings were concerned with family problems, the aged, and plans for Health and Welfare generally. There were a number of outstanding speakers as well as discussion groups. A number of the members of the Conference also participated in the White House Mid-Century Conference for children held the week of December 4 in Washington, D. C.

Student Teas

Almost every Wednesday afternoon during the winter and spring months a tea is given in Harris Hall. These teas have become a part of school tradition and are given by two senior students who are the hostesses for that particular week. Families and special friends are invited as well as all nursing school students.

The Hospital supplies the tea, coffee, sandwich filling and bread for the tea. The Dietary Department is very helpful in filling our requests.

Naturally, we all try to plan something just a little different from the others — perhaps a novelty centerpiece or some favorite recipe makes the difference, but whatever it is, we want to feel that our tea is unique in a small way.

When three o'clock comes and we have dressed and seated ourselves, ready to serve our first guest, our anxiety reaches a peak. Is the table really attractive? Will there be enough food? And most of all, will many people come?

We want to thank the housemothers for their "behind-the-scenes activities" which keep the teas running smoothly. And we could hardly manage without the "probies" who restock the tables. We find that the weekly tea affords a wonderful opportunity to develop poise and confidence in a purely social atmosphere.

Claire L. Morris, 1951, Sr.

Rummage Sale Held By Friends Of The Deaconess

The Rummage Sale held November 16 by the Friends of the Deaconess at the First Presbyterian Church in Brookline featured a superior assortment of books, silver, next-to-new clothing, pictures and furniture. Mrs. Shields Warren and Mrs. Sheldon E. Wardwell, who ran the Sale, reported that it was highly successful, with a profit of over $1,600. They hope to conduct small sales at the Thrift Shop in the Maintenance Building of the Hospital since a large amount of good material was left over owing to crowded conditions at the Church.